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Bangalore Mirror ON SATURDAY

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HEALTH TIP: Burpees are one of the most effective exercises to burn belly fat

Bacterial and fungal infections are common in monsoon, so be sure to stay dry

BangaloreMirror
Saturday, June 22, 2024
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MASK UP

5 best homemade face masks for dry skin

The soaring temperatures in summer sure don't help us keep that natural glow. Especially if we have dry skin, it gets more dehydrated and flaky, making it look dull and patchy. What you need is some homemade face masks for dry skin to ensure that you get that natural glow back. Here are some easy-to-make ones' that will ensure you look on point.

1 Olive Oil And Banana Face Mask

Bananas are rich in phytochemicals, antioxidants and moisture. It nourishes the skin, rejuvenates any damaged cells in the skin and heals withered skin. The potassium in bananas hydrates the skin. Olive oil moisturises the skin

and regenerates skin tissue. It has antioxidants that prevent oxidation on the skin, thus avoiding premature ageing.

How To Use

- Peel one banana and make a smooth paste of it by mashing it.
- Add one tablespoon of olive oil and mix it well.
- Clean your face with a mild soap before and pat it dry.
- Apply the paste on your skin, avoiding the eyes.
- Keep it on for 20 minutes before you wash it off.

Frequency Of Usage: You can do this two to three times a week.
Tip: Ensure the banana is ripe but not overdone. Avoid the blackened mushy bits of the fruit.

2 Honey And Papaya Face Mask

Honey is known to be a natural moisturiser as it helps the skin to retain moisture. It also exfoliates the skin and removes any dead skin. It helps improve the skin tone. Papaya contains a high amount of vitamin B, flavonoids, antioxidants, pantothenic acid and minerals like magnesium and potassium, all of which are beneficial for the skin. Papaya also contains vitamin which helps rejuvenate and nourish dry, rough skin while the potassium in the fruit helps hydrate the skin. Using papaya for the skin also helps prevent wrinkles, skin ageing and age spots.

How To Use

- Take a small-sized papaya and mash it into a full paste of half a cup.
- Take one tablespoon of honey and add it in.
- Wash the face with mild soap and pat it dry.
- the paste evenly all over the face keeping it away from the eyes.
- Let it remain on for 30 minutes before washing it off.

Frequency Of Usage: Use this three to four times a week.
Tip: Only use ripe papaya and completely avoid the unripe ones.

3 Rose Water And Yoghurt Face Mask

Rose water helps to remove any oil, sebum, dirt, impurities or dead cells on the skin. It is a natural cleanser. It also helps maintain the pH balance of the skin. The anti-inflammatory properties in rose water help reduce any redness on the skin, irritation, dermatitis, etc. It also has anti-bacterial properties that help heal any wounds or cuts. Yoghurt contains multi-vitamins as well as lactic acid. Both of these help to improve the complexion and add a healthy glow to the skin. It hydrates the skin and revives it. The lactic acid in yoghurt exfoliates the skin, restores moisture and lets the skin be hydrated.

How To Use

- Take one tablespoon of rose water and two tablespoons of rose water.
- Whisk the yoghurt to make it frothy and mix in the rosewater as you mix it.
- Clean your face with mild soap and then pat it dry.
- Apply the mix all over your face and keep it on for 30 minutes.
- Ensure you don't apply to the area immediately next to the eyes.

Frequency Of Usage: Use this two to three times a week.
Tip: Use unflavoured yoghurt for this. Yoghurt set at home is the best of the lot.

4 Fresh Cream And Saffron Face Mask

Saffron has antibacterial and anti-inflammatory properties. It improves the skin tone, and the medicinal properties in it help keep away acne. It also helps lighten any dark spots and gives the skin a natural glow. Fresh cream, aka malai, hydrates the skin and helps increase the moisture in the skin. It provides the skin with a natural luminous appearance making it glow.

How To Use

- Take two full tablespoons of malai and add four to five strands of saffron.
- Immerse the saffron in and keep it aside for 10 minutes. Till that time,

wash your face with a mild soap, and pat it dry.
- Whisk the cream with a spoon and mix the two.
- Apply it all over your face and keep it on for 30 minutes.
- Wash it off with lukewarm water.

Frequency Of Usage: You can use this face mask three to four times a week.
Tip: Use malai from the fresh milk you boil at home.

5 Banana, Honey, Fresh Cream And Rose Water Face Mask

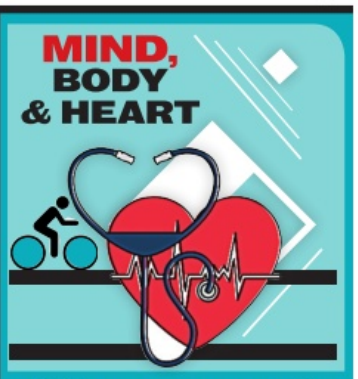
This is the ultimate homemade face mask for dry skin. With all the benefits of banana, honey, malai and rose water given above, a face pack with all of them together will help you get rid of dry skin.

How To Use

- Take one banana and mash it into a paste.
- Take one tablespoon of malai and add it to the banana paste. Mix it to make a smooth paste.
- Add one and a half teaspoon of honey and one tablespoon of rose water. Whisk it together with a spoon.
- Wash your face with a mild soap before you pat it dry.
- Apply the paste evenly all over your face. You can massage gently in circular motions for a minute or so.
- Keep it on for 15 minutes and then wash it off with lukewarm water.
- Splash cold water on your face later and then pat dry.

Frequency Of Usage: You can do this once a week.
Tip: You can do the other face packs more times a week, and this one once a week to amp up the moisture in the skin.

— Radhika Sathe Patwardhan, Femina



All you need to know about...

Benefits of raisins

1. Rich In Nutrients
If you've been missing out on enjoying delicious grapes when they're in season, the dried version has you covered. Raisins are rich in nutrients and have umpteen benefits. Raisins are a food that contains polyphenols, which are substances that help protect your body from damage.

2. Antibacterial Properties
Have a craving to grab a handful of sweets? Grab a handful of raisins instead and you'll be doing your body a big favour. Raisins are a great source of antibacterial properties. The benefits of raisins soaked in water are well known. Raisins mainly derive their antibacterial and antioxidant properties from the phenolic compounds they contain.

3. Better Heart Health
Indulge in raisins to your heart's desire. Raisins will keep your heart comfortable and in better condition. The benefits of (kishmish) are great indeed! The ability of raisins to act as antioxidants has been linked to their phenolic content, which might contribute to improving cardiovascular health.

4. Supports Gastrointestinal Health
Maintaining good gut health is crucial; neglecting it should be avoided at all costs. Delayed or irregular bowel movements can lead to constipation, potentially triggering a cascade of other health issues. The prebiotic content in raisins might positively influence the gut microbiota.

5. Supports Oral Health
Oral hygiene should be taken seriously by all age groups as it impacts one's quality of life. Brush your teeth twice a day, and don't skip regular dental check-ups. Do you have a toddler? There are many benefits of raisins for toddlers in relation to oral health. Adding raisins to their diet can help maintain the strength of the gums and teeth overall. Researchers have provided evidence that eating a handful of raisins can help prevent tooth decay as well. —Femina

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TWICE BITTEN

City docs bust myth of lifelong immunity against dengue, say repeated infections bring severe symptoms

PAGE 2

NO PARKING

Police ban free parking in Gandhinagar to promote Freedom Park's multi-level facility

PAGE 4

Even as BBMP plans to build 100 SHE toilets across city, social activists point out that existing facilities are in shambles and don't have basic amenities such as water or sanitary pads

WHERE'S THE LADIES' ROOM?

Audit of 48 public toilets reveals many unfit for use in major localities

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Many citizens welcomed the Bruhat Bengaluru Mahanagara Palike's (BBMP's) decision to construct around 100 SHE toilets across the city. They said the facility is a must for women, especially street vendors, who have been finding it tough to use the existing public toilets to attend nature's call. However women's activists are wondering why the BBMP cannot fix the existing infrastructure first.

"We have issued work orders for the construction of 75 SHE toilets. We made arrangements to float the tenders again for the construction of 25 SHE toilets. I hope the tendering process will be completed shortly and construction work will begin soon. We expect the construction of the SHE toilets to be completed in nine months," BBMP Chief Engineer (Solid Waste Management) Praveen Lingaiah said.

However, social activists working for decent toilets for women want the BBMP to renovate the existing toilets and provide basic amenities to women. Archana KR, Founder of Stand4SHE, said that some of the toilets meant for women crave

CONTINUED ON PAGE 8 »

Public toilets are of utmost importance for women vendors who otherwise have no space to use

"Video evidence revealed that the cleaning staff used the access room to the ladies' toilets to live. This gives rise to serious security issues for women who use these toilets

—Archana KR, Founder of Stand4SHE

Fabric to protect farmers

Institute designs special fabric that can deactivate harmful pesticides upon contact

| Iffath.Fathima
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TWEETS @BangaloreMIRROR

Researchers at the Bengaluru-based Institute for Stem Cell Science and Regenerative Medicine (iBRIC-inStem), Department of Biotechnology, have developed a special fabric called Kisan Kavach that can deactivate harmful pesticides upon contact. This innovative fabric could protect farmers from the severe health issues caused by pesticide exposure, such as vomiting, breathing problems, tremors, vision loss, muscle pain, weakness, loss of endurance, and even death.

Farmers in India and other developing countries are often exposed to toxic pesticides while working in the fields. These chemicals can enter the body through the skin and nose, even if farmers cover their mouths and noses with cloth. Since most pesticides are neurotoxins, they can cause significant harm or even be fatal. Millions of farmers suffer from pesticide toxicity every year. Currently, no technology exists to deactivate pesticides before they enter the body.

Dr. Praveen Kumar Vemula, Associate Professor at iBRIC-inStem and a senior author of the study, emphasised on the importance of this technology. "Farmers are the backbone of India, and providing

CONTINUED ON PAGE 8 »

Dengue re-infection can be more severe, warn doctors

Repeated infections with different strains bring severe symptoms, say city doctors; bust myths on lifelong immunity in dengue cases

Sridhar Vivan
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This year, with rising dengue cases, city doctors are observing a concerning trend: a significant number of patients who have had dengue in the past are returning for hospitalisation. Previously hospitalised for dengue two years ago, Lakshmipathi N, aged 56, and his son have been hospitalised at a private hospital once again.

While some might believe that having dengue once provides lifelong immunity, doctors explain that there are four distinct strains of the dengue virus; a person can be infected up to four times, and each subsequent infection weakens the immune system and leads to more severe symptoms. With 1,230 cases reported so far, Bengaluru is seeing a surge in dengue cases, while just 732 cases were reported in 2023 during this time frame.

Busting myths

Dr Neha Mishra, Consultant in Infectious Diseases at Manipal Hospital Old Airport Road, confirmed that previous history with dengue is a recognised risk factor for developing a more severe form of the disease, as indicated by numerous research studies. "Patients who experience dengue for the second time are at risk of severe complications such as dengue shock syndrome and/or dengue hemorrhagic fever. It is crucial to note that even initial dengue infections can be severe, leading to shock and bleeding. The severity of the disease can also depend on the time elapsed between initial and subsequent infections, as protective immunity gradually diminishes over time." She further said that the intensity of the disease is also linked to the level of the immune response specific to the dengue virus, particularly T lymphocyte responses. "Seeking medical advice promptly can help prevent complications associated with the disease," Mishra said.

Dr Subrata Das, HOD, Internal Medicine and Diabetology, Sakra World Hospital, said that reinfections of dengue are being observed. "I encountered a gentleman on Friday who had dengue in September 2023 and is now facing another infection. Dengue comprises four distinct strains, labelled DENV1 to DENV4. If someone contracts one strain, they remain susceptible to infection by a different strain later on. These reinfections tend to be more severe due to a phenomenon known as antibody-dependent enhancement (ADE). This

process can trigger what's known as a 'cytokine storm,' which can lead to severe symptoms like haemorrhage and organ failure. While infection with one serotype provides lifelong immunity to that particular strain, immunity to the other three serotypes may only last around two months. Therefore, during a dengue outbreak, the risk of a second infection is elevated, and subsequent infections can be significantly more severe due to ADE."

Proactive measures

Dr Krishnamurthy PN, a general physician, strongly recommends taking proactive measures to prevent dengue that include eliminating mosquito breeding grounds by regularly cleaning and covering water containers, using mosquito repellents, wearing long-sleeved clothing during peak mosquito activity hours, and installing window screens and mosquito nets around sleeping areas. "...Community efforts such as fogging and spraying insecticides can also be effective in controlling mosquito populations. Lastly, staying informed about dengue outbreaks in your area and seeking medical advice promptly if you experience symptoms can help in the early detection and management of the disease," he added.

Celestial marvel: Lunar standstill

Skywatchers are in for a rare celestial treat from June 22 as a major lunar standstill is set to occur. During this phenomenon, known as a major lunar standstill, the moon will rise and set at its most extreme northerly and southerly positions on the horizon, reaching its highest and lowest points. This unique event happens approximately once every 18.6 years, with the last major lunar standstill observed back in June 2006.

During a major lunar standstill, the moon's passage across the sky appears to be at its most extreme, with observers noting changes in its height and visibility depending on its phase and atmospheric conditions. This occurrence is attributed to the moon's declination, which refers to its

angle north or south of the celestial equator. This angle reaches its maximum extent, approximately plus or minus 28.5 degrees, during this phenomenon.

An expert explained that the earth's axis is tilted at 23.5 degrees from the plane of its orbit around the sun, while the moon's orbit is tilted about five degrees compared to the plane of the earth's orbit. A major lunar standstill occurs when the moon's tilt is at its maximum, resulting in a unique astronomical spectacle. Lunar standstills have historical significance in the study of ancient sites that were potentially aligned with lunar positions. They also influence natural phenomena such as tides, with major lunar standstills correlating with the highest and lowest tides.

The upcoming major lunar standstill in January 2025 is expected to be particularly remarkable. However, observers can witness the moon's unique movements from now until mid-2025, depending on various factors such as the moon's phase and prevailing weather conditions. This celestial event offers a fascinating insight into the intricate dance of celestial bodies and their impact on our earthly experiences. — BMB

Hoardings to be back in city!

For a while, the hoardings in the city were banned following a court directive. But now, the hoardings are likely to be back soon. The draft of the new advertisement policy will be released for public discussion within the next week, said Deputy Chief Minister DK Shivakumar.

"The draft policy has been prepared after considering the court cases pending for over a year. We will accept objections to the draft from the public for 15 days. The aim is to create a transparent and orderly system for advertisements in the city," he said.

Shivakumar further elaborated that group packages will be prepared for roads with a width of more than 60 feet, allowing for uniformity in advertisements. Additionally, advertisements will be permitted on government and private buildings, with private buildings being rented out to Bruhat Bengaluru Mahanagara Palike and taxes being levied.

To ensure uniformity, the size and height of buildings will be standardised, and no permission will be given for hoardings without uniformity. The quality of materials used for hoardings will be specified later, he added. "The policy will be implemented in accordance with the government's reservation policy, and concessions given by the previous government will be continued legally. However, those who have not paid their dues will be evicted, while concessions will be given to those who have paid their dues. The BBMP will prepare a separate

PICTURE FOR REPRESENTATION ONLY

package for the metro area, and the revenue from advertisements is expected to be around Rs 600 crore. All efforts will be made to collect the revenue," he added. — BMB

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Police enforce parking ban in Gandhinagar

New restrictions enforced to promote Freedom Park's multi-level facility following contractor concerns over unrestricted parking

| Sridhar Vivan
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TWEETS @sridharvMirror

DK Shivakumar inaugurating the new pay and park facility at Freedom Park

Parking freely in Gandhinagar is now prohibited. BBMP and police have banned unrestricted parking in the area, aiming to promote the use of the newly opened multi-level parking facility at Freedom Park.

Bangalore Mirror first reported that parking restrictions were imminent in Gandhinagar due to contractors' disinterest in managing the new pay-and-park system, fearing it would impact their business negatively. On Friday, Bengaluru City Police Commissioner B Dayanand issued orders stating, "Considering the BMT and private bus operators are currently running a substantial number of buses, leading to road congestion; acknowledging that the Freedom Park, situated along Gandhi Nagar's main road, is an appropriate site for a multi-level vehicle parking facility, and recognising that the construction of this facility has been completed; understanding the necessity to restrict vehicle parking on specific roads to facilitate smooth traffic flow and pedestrian movement; taking into account the proposal submitted by BBMP has been duly reviewed and hence parking around Gandhinagar area has been banned."

Bangalore Mirror
Goodbye free parking
Agencies refuse to take up multi-level parking facility maintenance near Freedom Park; Palike may ban free parking in the area to appease them

BM broke the news first about the parking ban in Gandhinagar amid concerns about the new pay and park system

Earlier, inaugurating the new pay and park facility at Freedom Park on Friday, Deputy Chief Minister DK Shivakumar said that BBMP and the Police Commissioner have been told to impose restrictions on parking along the main roads of Gandhi Nagar, spanning approximately 1 kilometre. "The roads in this area must be kept wide for smooth traffic flow. The newly inaugurated multi-level vehicle parking complex marks a significant milestone in Bengaluru's history. It sends a message not only to the city but to the entire state. The parking fees here range from Rs 20 to 30 per hour, making it accessible even for those with multiple cars. People from all parts of the city can park here and utilise the complimentary shuttle service to reach key locations like Vidhana Soudha, the High Court, and Railway Station. This development is particularly beneficial for the middle-class residents who frequent Gandhi Nagar," he said.

DKS claimed that the parking issue has been addressed with the construction of a multi-level parking complex, thanks to contractors who took on the challenge. "They've paid Rs 1.50 crore to the government but are now pondering how to turn a profit. It's a tough task indeed. This system is crucial for Gandhi Nagar, benefiting not only visitors to Freedom Park but also offering more convenience compared to parking elsewhere and walking. It's meant to benefit the public, including traders, and consumers. This project serves as a model, and we plan to replicate it in other parts of Bengaluru. The strength of the contractors reflects the strength of the government; their courage is commendable considering the failed tender attempt," he said.

TDR issues to be resolved

DKS announced that Bangalore will witness a new initiative launching in the next couple of days, promising a transformative impact on the city. Efforts are also underway to promptly resolve the Transfer of Development Rights (TDR) issue. Subsequently, the focus will shift to addressing and resolving all issues related to premium Floor Area Ratio (FAR) in the city. "To tackle the persistent traffic woes plaguing Bengaluru, a plan is in motion to construct a double-decker corridor, complemented by the simultaneous establishment of a metro line atop this corridor. This forward-thinking approach extends to future metro line projects, which will be strategically constructed alongside flyovers," he added.

BBMP turns over a new leaf on Raj Bhavan Road

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Pedestrians and motorists are pleased with Bruhat Bengaluru Mahanagara Palike (BBMP) Horticulture Department for clearing weeds, including Parthenium, on the footpath along Raj Bhavan Road on the stretch between Cubbon Park Metro Station and General Post Office. Bangalore Mirror published a story titled "We're Deep in the Weeds" on June 17, highlighting the neglect of Raj Bhavan Road by BBMP authorities. The article pointed out the absence of decorative and flowering plants, while the health-hazardous weed Parthenium was thriving and spreading unchecked.

Pedestrians who frequently use the footpath have appreciated the BBMP Horticulture Department for removing weeds thriving on the footpath. "The BBMP Horticulture Department deserves a pat on the back for removing the weeds from the footpath. I do not know why they did not take any measures to keep the footpath free from weeds. The footpath is meant for decorative and flowering plants," said Mohan Gowda, a pedestrian. Emphasising the need for decorative and flowering plants on the empty stretch of the footpath, pedestrian Shivanna S. urged the BBMP Horticulture Department to inspect the health and condition of existing saplings and plant new ones where needed. "I urge the BBMP Horticulture Department officials to make walking on the footpath more pleasant by planting decorative and flowering saplings," he said.

R Rajagopalan of the Bengaluru Residents Welfare Association has said that he appreciates the BBMP's newly assigned horticulture officer addressing the weeding at the identified locations. "We request him to continue to conduct a detailed survey across the Central Business District (CBD) and ensure a contractor is assigned to plant fresh perennials with interspersed flowering seasonal plants, before monsoon," he said.

The BBMP Horticulture (East) Superintendent Vijaykumar has said that he engaged workers to remove the weeds from the footpath on the Raj Bhavan Road. "I will take measures to plant saplings on the stretch within a few days," he said.

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Road renovation

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Kumara Krupa Road is in a deteriorating condition and urgently needs repairs.

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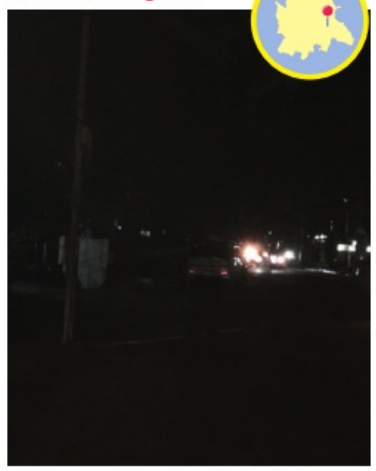

Palmgrove Road in Victoria Layout has been without streetlights for several days. Despite numerous complaints, no action has been taken yet.

Illegal ramp

JP Nagar

Builders have constructed an unauthorised ramp at the new 'Style Up' shop located at Nandini Signal, 15th Cross, 2nd Phase JP Nagar, causing obstruction to pedestrians due to illegal vehicle parking.

Your ideal space awaits: VK Property Expo starts today

Starting today, the two-day VK Property Expo-2024 is the perfect opportunity for Bengaluru residents to find their dream plot or house. With prices starting at Rs 6 lakh for residential plots and Rs 20 lakh for apartments, this expo offers a golden chance to secure your ideal property. Featuring 20 renowned real estate giants, builders, and developers, the event promises exclusive discounts and showcases of impeccable projects. These trusted companies will provide detailed project information and layouts, empowering visitors to make savvy investment choices.

The "VK Property Expo-2024," hosted by Vijay Karnataka, will be held on June 22 and 23 at Chandra Sagar Kalyana Mahal in Jayanagar, Bengaluru. The expo promises a supportive environment with a plethora of property options, exclusive discounts, and convenient financing solutions. It will unite esteemed real estate developers, builders, and property dealers, offering a diverse range of residential and commercial properties, such as apartments, flats, and plots, at competitive rates.

Visitors can take advantage of spot registration and hassle-free home loan facilities from leading banks, making property registration and financing convenient. Special discounts from builders and developers will further sweeten the deal, making this expo a must-visit for prospective real estate investors. Attendees will have the unique opportunity to interact directly with industry experts, clearing any doubts they may have regarding property investment.

Find your dream plot or house today! Explore a plethora of property options, exclusive discounts, and convenient financing solutions

Expert guidance and information will be readily available to assist buyers in navigating the complexities of property purchasing. In addition to property showcases, the expo will feature enlightening seminars and interactive sessions with industry leaders, offering valuable insights into market trends and investment strategies. Attendees will gain a comprehensive understanding of the real estate sector, empowering them to make informed decisions.

Moreover, the expo aims to create a community of informed buyers and sellers, facilitating networking opportunities for participants to share experiences and gain valuable advice. Don't miss out on this collaborative environment designed to empower attendees in their journey towards property ownership.

DATE: June 22 & 23
TIME: 10 am to 6 pm
Venue: Chandra Sagar Kalyana Mahal, 2nd Block, Jayanagar, Bengaluru
Entry is free. For more details, contact: 9164272060 or 9916079232.

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Integrated township and new airport to transform Tumakuru Road real estate

Vasanthanarasapura's urban overhaul set to enhance Nelamangala's growth

Homebuyers are drawn to townships for their wide range of amenities, such as health care centres, which reduce the need to travel for daily needs

The proposed Integrated Township in Vasanthanarasapura, Tumakuru, alongside plans for a new airport, is set to transform the real estate scene in Nelamangala and Tumakuru Road. Led by Minister of Urban Development Byrathi Suresh, this initiative aims to drive economic, infrastructural, and social advancements, fueling growth in real estate development and investment opportunities.

An Integrated Township integrates residential, commercial, recreational, and institutional facilities into a self-sustained community, offering residents convenient access to amenities, green spaces, and transportation hubs. The planned Vasanthanarasapura Integrated Township spans about 500 acres, reflecting a significant investment in urban infrastructure and development.

"One of the key drivers of real estate growth in Nelamangala and Tumakuru Road stemming from the Integrated Township and the proposed airport is the enhanced connectivity and accessibility they bring. With improved transportation infrastructure, including road networks, public transit options, and the potential for air travel, the region becomes more attractive for businesses, investors, and homebuyers alike. Homebuyers are drawn to such townships due to the comprehensive range of amenities offered, including modern housing options, recreational facilities, educational institutions, healthcare centres, shopping complexes, and entertainment venues. The self-sustained nature of these townships reduces the need for residents to travel far for their daily needs," said Suresh Gowda, a real estate developer.

"The proposed development of an airport in Tumakuru further amplifies the real estate prospects in Nelamangala and Tumakuru Road. Air connectivity not only facilitates faster travel for residents but also attracts businesses, industries, and logistics operations to the region. The airport's proximity creates a ripple effect, generating demand for commercial spaces such as office complexes, industrial parks, warehousing facilities, and hospitality establishments. This influx of economic activities fuels real estate development, including the construction of commercial properties, mixed-use developments, and logistics hubs along Tumakuru Road and its surrounding areas. Additionally, the integrated approach to development encourages mixed-use projects within the vicinity. Mixed-use developments combine residential, commercial, and retail components in a single complex, creating vibrant urban hubs that cater to diverse needs and preferences. These developments often feature integrated transportation systems, pedestrian-friendly designs, and a lively social environment, making them highly sought-after by investors and homebuyers seeking a dynamic urban lifestyle", added Nanda Gopi, a real estate developer.

"The government's emphasis on infrastructure development, urban planning, and sustainable growth strategies is pivotal in attracting real estate investments to Nelamangala and Tumakuru Road. Investors, developers, and homebuyers recognise these developments' long-term potential and value proposition, leading to increased activity in the real estate market. The strategic location of Nelamangala and Tumakuru Road, with its proximity to Bengaluru and other major cities, positions it as a strategic investment corridor. The area benefits from being part of a larger growth corridor, attracting investments from both domestic and international players looking to capitalise on the region's economic prospects, infrastructural advancements, and evolving real estate dynamics. The combined impact of enhanced connectivity, comprehensive amenities, sustainability initiatives, mixed-use developments, and economic opportunities creates a conducive environment for growth and investment," added Gowda.

–Prakash VL

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Real estate sector awaits progressive budget reforms

With the transition to a new government, the anticipation is high for the budget presentation next month, and the real estate sector is particularly hopeful for positive outcomes. Expressing these expectations, Amit Goyal, Managing Director of India Sotheby's International Realty, stated, "During the recent Monetary Policy Committee (MPC) meeting, the Reserve Bank of India (RBI) projected a GDP growth rate exceeding 7%. Sustaining this growth amidst global economic challenges should be a key focus of the upcoming Union Budget. With the NDA government securing its third consecutive term, we are looking forward to a progressive budget that outlines a strategic roadmap for the next five years. Our expectations include measures to boost capital investments and attract higher foreign direct investment (FDI) inflows into India. Within the real estate domain, maintaining demand for housing is critical, given its ripple effect on more than 200 supporting sectors. One long-awaited measure, beneficial to both the industry and home buyers, is the introduction of a separate deduction for home loan principal repayment, coupled with an increase in tax exemptions on home loan interest from Rs 2 lakh to Rs 5 lakh. This initiative would alleviate the impact of rising home loan EMIs and offer substantial relief to home buyers."

Anuj Puri, Chairman of ANAROCK Group, emphasised the real estate sector's expectations from the upcoming Union Budget 2024-25. He highlighted the industry's hope for tax reliefs. He raised questions about whether the government would grant industry status to the housing sector and take concrete steps to revive affordable housing, which has seen a decline post-pandemic. Despite a positive trend in housing sales and new launches in major cities, the momentum favours mid-range and premium housing, neglecting the lower-income groups' needs.

He noted a significant drop in the share of affordable housing sales and supply after COVID-19, stressing the urgency of revitalising this segment. Puri proposed reinstating the '100% Tax Holiday' benefit for developers under section 80-IBA of the Finance Act, 2016, to incentivise affordable housing construction. He also suggested revising the definition of affordable housing criteria to include more buyers and align pricing with city-specific market dynamics.

Badal Yagnik, Chief Executive Officer of Colliers India, expressed optimism about the upcoming budget, emphasising the need for a strategic plan that caters to the evolving requirements of stakeholders, including end-users, developers, and investors in the real estate community. Key areas such as housing, infrastructure development, sustainability, and digitisation are expected to be central themes of the budget, supporting long-term growth across different real estate segments.

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Women have nowhere to go when nature calls

CONTINUED FROM PAGE 1

for immediate attention of the authorities concerned. "We had conducted an audit of 48 public toilets between November 8 and 14, 2023, in localities such as Rajajinagar, Jayanagar, Basavanagudi, Mahalakshmi Layout, Basaveshwara Nagar, Chickpet, and HSR Layout and found many of the toilets are unfit for use," said Archana.

She said that male and female cleaning staff stayed inside the lady's toilet and cooked food and ate and slept overnight in the toilet premises. "Video evidence revealed that the cleaning staff used the access room to the ladies' toilets to live.

This gives rise to serious security issues for women who use these toilets," she said, adding that most of the pink toilets constructed for women are neglected by the authorities concerned within a few months of inauguration.

Expressing a similar opinion, Anshika Katara, sanitary activist, part of Nguvu collective, said that she finds some of the women toilets have no sanitary pads.

"It would be good if the BBMP authorities take measures to renovate the existing toilets for women in the city. I found some toilets have no basic amenities, including water to clean hands. A few women toilets have sanitary pad vending machines but without sanitary pads," said Anshika.

The Chief Engineer said the BBMP has identified the locations for the construction of SHE toilets in the city and does not require to spend money as the SHE toilets are being constructed under the private public partnership (PPP) model.

The BBMP Solid Waste Management Executive Engineer-5 on June 19 floated a short-term tender inviting bidders for the construction of seven SHE toilets under the PPP model.

Farmers can be protected from toxic pesticides

CONTINUED FROM PAGE 1

'first-in-class' technologies to protect their health from pesticide-induced lethality is an impactful contribution to society. Kisan Kavach will have an enormous impact on safeguarding farmers from pesticide toxicity," he said.

Kisan Kavach is a washable and reusable fabric that can be used for at least one year. Dr. Omprakash Sunnapu, a research scientist and Director at Sepio Health, which collaborated on the research, stated, "Our efforts are focused on bringing Kisan Kavach suit in an affordable manner. We anticipate that the price of this suit will be equivalent to a normal clothes a farmer wears on a daily basis."

In pre-clinical studies conducted on rats, the Kisan Kavach fabric successfully prevented neuronal damage, loss of muscle function, and death. It could detoxify many commonly used pesticides in India, including organophosphates, which are particularly harmful. Organophosphates can easily enter the body through the skin and nose, causing severe nerve damage by inhibiting the Acetylcholinesterase (AChE) enzyme.

This enzyme is crucial for communication among nerve cells and between nerves and muscles. Without it, exposure can lead to learning deficits, suffocation, paralysis, muscle weakness, loss of endurance, and even death.

The researchers used a method called 'nucleophilic-mediated hydrolysis' to counteract the harmful effects of these pesticides.

Dr. Ketan Thorat, a co-author of the paper, highlighted the challenges in developing this fabric, saying, "The design of one nucleophile that can deactivate a wide range of organophosphates and carbamates was challenging.

Also, optimising the industry-friendly chemistry to covalently attach on the fabric is key in developing the anti-pesticide fabric."

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I, HARIOM RAMBILAS SINGHAL S/o Rambilas Singhal, R/at No.84, 3rd Cross, 4th Block, Ramakrishna Nagar, Nandini Layout, Bangalore-560096 have changed my name to PRADEEP SINGHAL, vide affidavit dt: 21-06-2024 before notary Natesh .D, B'lore.

I, Arwa Taher Narsingharwala W/O. Huzefa Shabbir Jodhpurwala R/o No.199/16, Das compound, R V Road Cross, Basavanagudi, B'lore-560004 have changed my name to Arwa Huzefa Jodhpurwala

I Venkatesha Y C S/o late Chikka Thimmegowda r/o #16 1st main Rd JC Nagar Mahakalakshmi Puram B'lore-560086 have changed my name to Venkatesh Y C for all purposes

I, Vaibhav Ravaluru R/o H No 381, Sreekrupa, 1st Block, 4th cross near BDA complex RT Nagar Bangalore - 560032, have applied passport where the passport authorities have mentioned my name as Vaibhav Raghunatha Rao. It is therefore requested to correct my name as Vaibhav Ravaluru for all the purposes. Hence this advertisement. Thank you

I, Prakash Vittal Shinde S/O Vittal shinde , Residing at #312 BGS Brindavan Layout, Medanhalli Bidadi post , Ramanagar Tq & Dist-5602109 have Changed my name Prakash sindhe to Prakash Vittal Shinde.

I, Nanditha Jayaseelan D/o M Jayaseelan, residence of 1632 Vijinapura, Bangalore – 560016 India has changed my name as Nandita as per documents.

I Syed Shamsu Zama R/o Alipur Gauribidnur Taluk Chikkaballapur District 561213 have changed my minor son's name from Syed Hassan Zama to Syed Mehdi Hassan for all purposes

I, Manas Kumar R/o C-304 Krishnageet Shelter 16th E Cross Pai Layout K R Puram Bangalore 560016 have changed my minor daughter's name from Maanvi Kumar to Maanvi Sharma.

I Pooja Kathale D/O, Anil Pujappa Kathale R/o A-1006 Pride Springfield Jayanagar Housing Society, Gubbalala Village Bengaluru 560061 have changed my name to Pooja Anil Kathale.

I, Pushpalatha S W/o H C Chidananda Kumar R/o 1075/B 14th main Bande Maramma Bus stand 9th Block Nagarabhavi 2nd stage B'lore-560072 have changed my name to Latha S.

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I, Sanjaya R Naik S/O Rangappa V Naik R/O 2_171_C Kaustubha Sachchidananda Layout kukkikatte Udupi-576101, have changed my name to Sanjaya R Nayak.

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I, BABU NARAYANAN, R/at No. 12, 8th Cross, Ashok nagar, BSK 1st Stage, Gangamma Layout, Basavanagudi, Bangalore 560050 have lost my Memorandum of Sale Agreement, Doc. No. 2437/ 2003-2004, General Power of Attorney No. 136/ 2003-2004 dt. 31.07.2003, and Mother Deed Doc. No. 3683/2000-01 of the above mentioned property registered in Sub Registrar Office, Basavanagudi. Police complaint given vide L R No. 1099509/2024 dt. 14.06.2024.

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I, BHAGYAMMA, R/at No. 23/19, 14th E Cross, 6th Phase, JP Nagar, Bangalore have lost my Original house document vide Register No. 6946/ 1974-75, Volume No. 1142, Page No. 107-110. Police complaint given vide L R No. 1106506/ 2024 dt. 19.06.2024.

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Apartment complex in hot water for dumping wastewater on road

Police have registered FIR against apartment following BBMP complaint, due to untreated water causing potholes

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The Thalaghattapura Police have registered a First Information Report (FIR) against the in-charge of an apartment complex situated on Vajarahalli Main Road on June 13. The FIR, based on a complaint lodged by the Bruhat Bangalore Mahanagara Palike (BBMP) assistant engineer, charges the in-charge of Provident Apartment with letting wastewater flow outside the premises, thereby damaging the road. The FIR was registered under Sections 278 and 283 of the Indian Penal Code and Section 3 of the Prevention of Damage to Public Property Act, 1984.

Wastewater on roads is creating potholes in city; Inset: Police & officials inspecting the spot where sewage water is being let out on Vajarahalli Road

Thalaghattapura Police, along with BBMP engineers, inspected the site known for the leakage of untreated water from the apartment complex onto the road. According to the FIR, the apartment complex has been discharging wastewater onto the road, causing potholes and craters on Vajarahalli Main Road.

"We received a complaint over the phone about wastewater being let onto the road, causing a lot of inconvenience to pedestrians and motorists. Though cautioned and warned, the in-charge of Provident Apartment did not take measures to stop letting wastewater onto the road. I want you to summon the in-charge of Provident Apartment to the police station and direct him not to let wastewater onto the road in the interest of the general public," the FIR reads.

A resident of the area, pleading anonymity, stated that letting wastewater onto the road has become a routine for the apartment complex. "It is difficult to walk on the road due to the flow of wastewater, which generates a bad smell. Many students and motorists commute on this road. Letting wastewater onto the road causes health hazards for the students and motorists," said the resident.

When contacted, BBMP assistant engineer Guruprasad said that he had already warned the in-charge of Provident Apartment not to let wastewater onto the road. "It is not the first time that wastewater has flowed from the apartment complex onto the road. I lodged a police complaint against them a few months ago. This is the second time lodging a police complaint against them," he said.

> **"It is difficult to walk on the road due to the flow of wastewater, which generates a bad smell**
>
> – a resident of Vajarahalli

It is learned that Thalaghattapura Police have asked the in-charge of Provident Apartments not to let wastewater onto the road.

IN BRIEF

Lucky Ali accuses IAS officer of land grab

Singer Lucky Ali has filed a complaint with the Karnataka Lokayukta Police against IAS officer Rohini Sindhuri, her husband Sudhir Reddy, and brother-in-law Madhusudan Reddy, alleging the illegal seizure of his land near Bengaluru. Ali claims state resources were misused for this acquisition. This issue resurfaced from years ago when Ali first aired similar allegations on social media, accusing local police of favoring Sindhuri. The disputed farmland in Yelahanka's Kenchenahalli area prompted the case. Sindhuri, known for past controversies, including a public feud with IPS officer Roopa Moudgil, recently sought legal action over alleged defamation. The case is now under Supreme Court review.

— BMB

Paramour exonerated in IPC case

The Karnataka High Court has ruled that a husband's paramour cannot be charged under Section 498A of the IPC, which pertains to cruelty by a husband or his relatives towards a wife, as they are not considered relatives. This decision came during a case involving a woman and her mother accused under various IPC sections by the wife. The court emphasized that Section 498A applies strictly to family members. It dismissed charges against the paramour and criticized involving the paramour's mother, deeming it an abuse of legal process. The court granted relief to the petitioners in its verdict.

— BMB

Mental health crisis: Surge in psychiatric cases among adults

Iffath Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

A recent study conducted by Cadabams Hospitals, India's largest private mental health institution, has highlighted a concerning increase in psychiatric emergencies, particularly among adults aged 20 to 60 years. The study, spanning seven months, focused on admissions data and revealed significant findings underscoring the severity of this growing crisis.

Among the key findings, the study identified a notable rise in psychiatric emergency admissions, with the age group of 30 to 40 years constituting the highest proportion at 34.6%, followed closely by the 20 to 30 age group at 28.8%.

Dr Sunil, Director Facilitator at Cadabams Hospitals, expressed serious concern over these trends, stating, "The increase in psychiatric emergencies among young adults is alarming. Pressures from work-life balance, financial stressors, and societal expectations likely contribute to this rise. Raising awareness and promoting early intervention are critical to preventing escalation." A significant revelation from the study is the gender disparity in admissions, with men comprising 60% of patients compared to 40% for women. This disparity suggests potential underreporting of mental health issues among women or barriers to accessing appropriate care services.

Neha Cadabam, Senior Psychologist and Executive Director at Cadabams Hospitals highlighted the impact of societal stigma, particularly on women seeking mental health support, saying, "Stigma associated with mental health can deter women from seeking help. Addressing this stigma and fostering open dialogues about mental well-being is crucial."

The study also underscored the grave implications of untreated psychiatric emergencies, noting that over 69% of patients were at risk of experiencing severe negative outcomes without timely intervention. These outcomes include self-harm, property damage, and potential legal consequences.

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BENGALURU SPEAKS

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STORYBEHINDTHEPHOTO

FAMILY OUTING

A family of monkeys take a break on their usual perch near Chamundi Temple, Mysore. The mother cradles her baby, while the father keeps a vigilant eye on the road, ever watchful for any potential dangers

The picture was clicked by reader **P Suryanarayana**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Youth cleanup drive brings green revolution to North B'luru

"Walk Towards Nature" programme hits milestone with 250 kg of plastic waste collected, 2,000 saplings planted

The Bangalore North District of Bharat Scouts and Guides recently concluded the "Walk Towards Nature" programme, resulting in the collection of 250 kg of plastic waste for recycling, showcasing their unwavering commitment to sustainability. Over the past two years, this green drive has been a monthly occurrence, with this particular event marking another milestone in their efforts.

Since its inception in July 2022, the "Walk Towards Nature" programme has achieved significant milestones, including the planting of over 2,000 trees in February 2023 and regular cleanup drives targeting plastic waste. The recent campaign witnessed the enthusiastic participation of more than 300 students, scouts, rovers, and rangers aged between 18 and 24, supported by district officials.

Krishna Raj, a volunteer with the Chamundi Scout Group in Malleshwaram and a member of the Bangalore North District, expressed his admiration for the initiative, stating, "It's inspiring to see so many young people come together for a common cause. Their efforts in tree planting and plastic cleanup are making a real difference, and it's rewarding to witness a movement that has a lasting impact on our community." The "Walk Towards Nature" programme encompasses various restoration activities and drives, initially focusing on cleanup efforts around Gantiganahalli Lake and the adjoining village in Yelahanka. During dry periods, the emphasis shifts to watering and preserving trees to combat water scarcity issues. The collected waste, including industrial and single-use plastics, is sent to recycling units such as BBMP, contributing to ongoing recycling efforts. "What distinguishes this campaign is its inclusivity, welcoming students from any college or university to participate. Monthly activities like tree maintenance ensure the sustainability and well-being of planted trees, enriching the local environment," he said.

> **"During dry periods, the emphasis shifts to watering and preserving trees to combat water scarcity issues**
> – Krishna Raj, volunteer, the Chamundi Scout Group, Malleswaram

DID YOU KNOW?

In South India, elephants enjoy spa treatments during the intense heat of July. At the Punnathoor Cotta Elephant Yard in Guruvayur, Kerala, these well-cared-for elephants receive luxury baths, relaxing massages, and specialised meals throughout June. These elephants play a significant role in Kerala's epic temple processions at the famous Guruvayurappan Hindu Temple, connected to the rejuvenation centre. The elephants revel in the compassion of people who cheerfully scrub their huge bellies and clean hard-to-reach parts. The Kerala sanctuary, accommodating up to 59 elephants, indulges these pampered giants.

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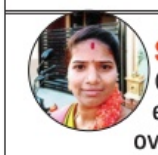

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Lohith, BM Reader
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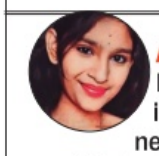
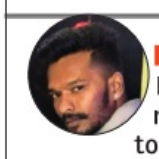
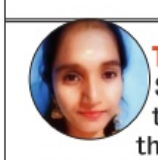


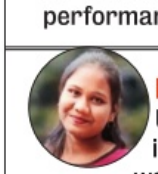
Aishwarya, BM Reader
Install energy-efficient windows to improve insulation and reduce the need for heating or cooling. Seal gaps and leaks in doors and windows to prevent drafts, maintaining a consistent indoor temperature.



Hemanth, BM Reader
Don't turn on the lights in the morning; open doors and windows to use natural light. Only use lights when necessary. Turn off the fridge if it's not necessary.



Thejaswini, BM Reader
Set the thermostat at an optimal temperature, using programmable thermostats for efficient temperature control. Schedule regular maintenance for heating, ventilation, and air conditioning systems to ensure optimal performance.

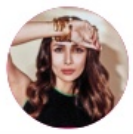


Rakshitha, BM Reader
Use hot water efficiently; fix leaks, insulate pipes, and consider a water heater timer. Use lids while cooking to retain heat, cook with flat-bottomed pans, and match pan sizes to burner sizes.

SPEAK TO US

Parking has been banned in the Gandhinagar area. Tell us what you like or dislike about this decision.

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247



Thanks to Yoga
Malaika Arora demonstrated her love for yoga on her Instagram handle during International Yoga Day. The actress posted a video of herself doing Yoga, captioning it with 'Gratitude post...'

BangaloreMirror | 11
Saturday, June 22, 2024
mybangaloremirror@timesgroup.com
@BangaloreMirror
Entertainment Industry Promotion

Who is the most precious?

As far as brand value goes, Alia has stolen the march over Deepika

Deepika Padukone may be the current highest-paid actress in Bollywood, a new report suggests that another actress has a higher brand value. A new report by financial and risk advisory firm Kroll has revealed significant changes in the rankings of India's most valuable celebrities, with Alia Bhatt emerging on the top.

The actress featured on the number 5 spot, surpassing Deepika with a brand value surpassing $100 million. The 'Celebrity Brand Valuation Report 2023: Brands, Business, Bollywood' saw Alia leading the way for the actresses, with a brand value of $101.1 million. Deepika followed close behind at number six with an estimated brand value of $96 million.

Both actresses experienced slight declines from their 2022 rankings.

Kiara Advani, on the other hand, made a notable leap, climbing from the 16th position in 2022 to the 12th spot in 2023 with a brand value of $60 million. This surge underscores her rapidly growing influence and prominence in the Indian market.

Besides making their mark in the film industry, Alia and Deepika have been making inroads into the business arena.

While Alia has been making news for her clothing brand besides other production ventures, Deepika has made a mark in the beauty industry.

—ETimes

In the Andamans

Actress Pooja Hegde is currently busy shooting for the tentatively titled film 'Suriya 44' in the picturesque locale of the Andaman and Nicobar Islands.

A source told IANS: "Pooja went to Andaman and Nicobar in early June to shoot and is expected to return in the first week of July. She will be shooting a major part of the schedule there."

The actress will be seen as the leading lady in Suriya's film, directed by acclaimed filmmaker Karthik Subbaraj.

It also stars Jayaram, Joju George and Karunakaran among others in a pivotal role. "Pooja plays the female lead in the film that takes the story ahead and will be seen in a very different look as well," the source said.

The soundtrack for the film is composed by Santhosh Narayanan.

In addition to 'Suriya 44', Pooja is set to star alongside Shahid Kapoor in 'Deva' and with Ahan Shetty in 'Sanki'. Apart from this, she also has a three-film deal with a major production house in the South.

Long-winded story of a village

SAMBHAVAMI YUGE YUGE
2.5 RATING ★★☆☆☆
- **DIRECTOR** Chetan Chandrasekhar Shetty
- **ACTORS** Jay Shetty, Nisha Rajput, Sudha Rani, Pramod Shetty, Madhura Gowda BS, Ashwin Hassan, and Ashok
- **CERTIFICATION** U/A

Director Chetan Chandrasekhar Shetty has taken the title from Bhagavad Gita, from the verse Sambhavami Yuge Yuge which means 'I will reincarnate in all yugas (ages) whenever there is a decline in righteousness and rise in unrighteousness'.

Though the director selected a good and meaningful title, he failed to keep the script crisp. The run time of the movie (163 minutes) and cast's mundane acting skills test the audiences' patience.

The movie begins with a few rowdies chasing a person. The next scene is two police constables beating a person black and blue at a police station to make him confess to a crime but the latter refuses to do that.

At this juncture, the director introduces a flashback showing how a mother (Sudharani) of two children comes to a village searching for her husband and how the village leader provides her with shelter and livelihood. She asks her son Arjun (Jay Shetty) to remain in the village and help the villagers. Arjun gets elected as the president of the village and takes up welfare and developmental works. Satyaprakash (Pramod Shetty), a Deputy Commissioner, decides to come and live at this village. He becomes jealous of Arjun's popularity among the villagers. At this juncture, politicians and land mafia enter the village and ruin the atmosphere.

What happens to Arjun is what the movie Sambhavami Yuge Yuge is all about.

As far as the performances of the actors are concerned, Jay Shetty has tried his best but fails to impress. He has to go a long way to showcase his acting skills in emotional and romantic scenes. Nisha Rajput too needs more training in acting. Veteran actress Sudha Rani, who plays a visually-challenged mother, provides good support. Pramod Shetty and Ashwin Hassan have played characters different from their usual fare in the movie. Madhura Gowda and Ashok Kumar Balakrishna have acted well. The latter's acting in a court scene is a highlight.

It is worth a watch if you like stories set in a rural backdrop.

—Y Maheswara Reddy

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THE VAGINA MONOLOGUES

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Time - 7:02 PM Date - 23rd June, 2024
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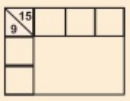
SOLVE IT IN A MINUTE

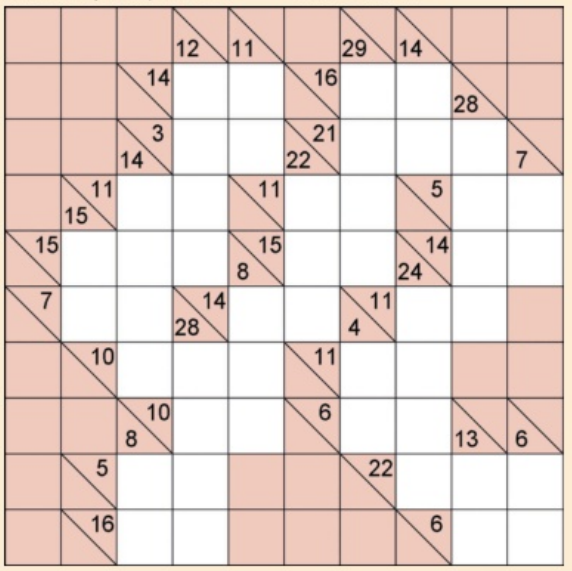
The clock in Sri's car, which is not accurate, gains time at a constant rate. One day as he begins shopping, he notes that his car clock and his watch (which is accurate) both say 12:00 noon. When he is done shopping, his watch says 12:30 and his car clock says 12:35. Later that day, Sri loses his watch. He looks at his car clock and it says 7:00. What is the actual time?

Kakuro

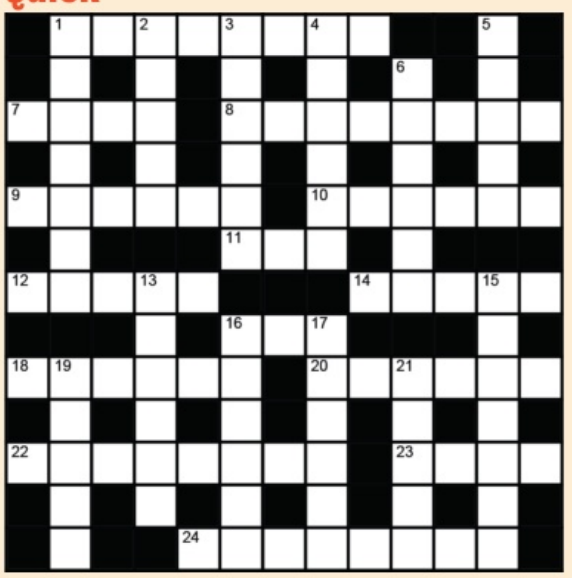
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 A clever stratagem (8)
7 Buy and sell (4)
8 Van Diemen's Land today (8)
9 Secret ____ : spies? (6)
10 Retail store (6)
11 Overact (3)
12 Hard work (5)
14 Parasite (5)
16 Music director Malik (3)
18 Release by exploding? (3,3)
20 Concealed (6)
22 One of India's major rivers (8)
23 Play boisterously (4)
24 TV (slang) (5,3)

DOWN

1 One who vindicates (7)
2 Bird's claw (5)
3 Fixation (6)
4 Practice (6)
5 Cricket stroke (5)
6 Gossip, chatter (6)
13 Consisting of flowers (6)
15 Multiplex on Outer Ring Road (7)
16 Scared (6)
17 In the previous month (6)
19 An era (5)
21 Pulsate (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS U

CI HVQJJ EQK HVPA RYVPOHY EWNWKR, XPLW EQK ICKZ FPO QR WLWVF RCNW CK FPOV XCIW.

Linemaro

Does your face hurt? Because it's killing me

Mindchow

Friendship is born the moment one says to another: 'What, you too? I thought I was the only one

Joke of the day

This policeman came up to me with a pencil and a piece of very thin paper. He said, 'I want you to trace someone for me.'

Loop

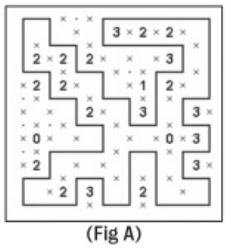
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

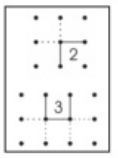
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

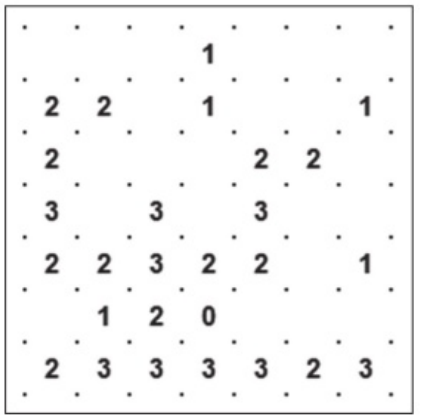
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



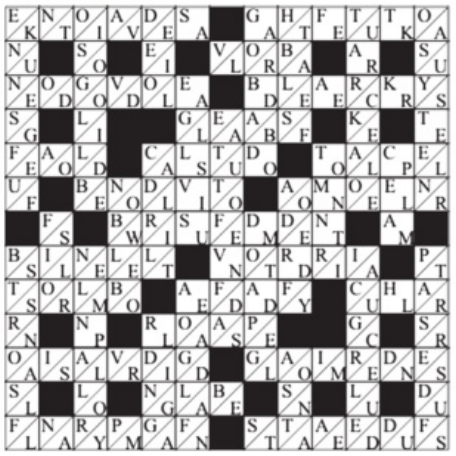
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9 C				

ACROSS

1 Porta; 6 Raves; 7 Spear; 8 Ostia; 9 Sew LC

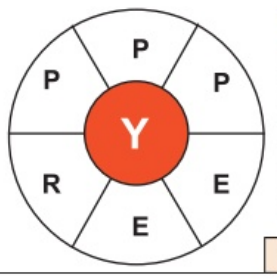
DOWN

1 Picas; 2 Polar; 3 A veto; 4 Wears; 5 Rests

Mensapuzzle

Solve this dingbat:

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

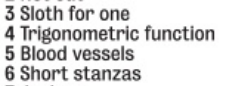
SudokuChallenge

			4	8			9	7
		4			1			3
1			9		5		8	
						8	5	1
		3				9		
9	8	2						
	3		1		9			5
4			8			6		
2	5			4	7			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 13

2 6 8 9

Medium = 39

3 3 4 6

Hard = 17

2 4 9 3

Hocusfocus

Find at least six differences in details between panels.

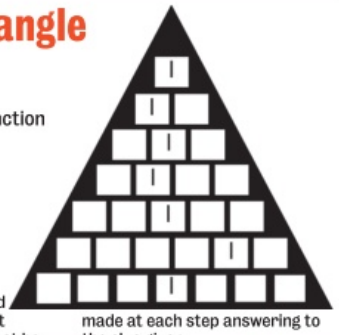
Differences: 1. Leg is longer. 2. Walking stick is moved. 3. Backpack strap is added across chest. 4. Backpack is longer. 5. Door handle is moved. 6. Building is wider.

Riddler

Why is N like a pig? Why is O the only of five vowels that you can hear?

Alpha triangle

1 Pronoun
2 Not out
3 Sloth for one
4 Trigonometric function
5 Blood vessels
6 Short stanzas
7 Jealous

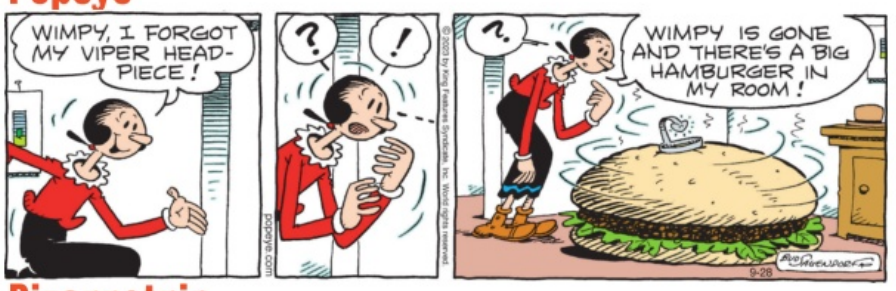


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye



Bizarrotrip

Wayno & Piraro 3-20-24
...and for Best Shapeless Mass in a Miniseries or Motion Picture...
GOLDEN GLOB AWARDS
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Diamond Lil

Hart of the city

WHY ARE YOU EXCITED TO SEE YOUR TEACHER COMPETE?
CHARLOTTE STUDENT
EVEN THOUGH VIEWERSHIP FOR THIS SHOW HAS DROPPED FROM 6.8 MILLION VIEWS PER EPISODE TO 2.8 MILLION, ANY SCREEN TIME IS WORTHWHILE. BEST OF LUCK TO HER!
WE'RE NOT USING THAT.
HART OF THE CITY © 2024 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

THE SILICONE COATING ON MY BUS BUMPER MIGHT BE ABLE TO KEEP GRANDMA JOHNSON FROM HANGING ONTO MY BUS...
BUT CAN MY BUS BE RIGGED TO SHOOT OUT A CLOUD OF BLACK SMOKE AND MAYBE AN OIL SLICK?
ONLY IN JAMES BOND MOVIES.
BATUK & DAVIS tombatiuk.com/books
3-20

Mutts

MR. NOODLES, HOW COME YOU NEVER SEE ANY WOOLY MAMMOTHS AROUND HERE?
WOOLY MAMMOTHS? SHTINKY – THEY'RE EXTINCT!!!
...EXTINCT...
I THOUGHT THEY JUST MIGHT BE SHY.
mutts.com
3/20

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may likely feel a surge in your internal strength; your internal energy may be helpful to complete your projects before the deadline. You may likely hear some good news related to your siblings. You may also expect some short trips related to business.

Taurus Apr 21 – May 20
Today, you will be happy. You may spend good time with your family or friends, and you may buy some meaningful items for family or friends. Domestic harmony will improve, but you are advised to control your straightforwardness and harsh speech to maintain a healthy relationship with your people.

Gemini May 21 – Jun 21
Today, time will be favourable. You may have a good focus, which may help you in most aspects. You may be busy with the implementation of your plans in terms of growth in the business. Your prestige in society may be increased. You may make some new partners in the business, which will give you benefits in the near future.

Cancer Jun 22 – July 23
Today, you may feel dull; you will feel negativity pulling you back from taking strong decisions, which will affect your professional commitments. You will not be able to complete your assigned tasks on time. It is advised to avoid adventure tours or rush-hour driving.

Leo Jul 24 – Aug 23
Today is a good day. Your losses may now be converted into profits, which will increase your liquidity in the business. You will generate some extra income. Your kid's health will improve now. Lovebirds will make some decisions in terms of marriage. With the help of wisdom, you will keep yourself safe from conspiracies against you.

Virgo Aug 24 – Sep 23
Today, you will be busy at work. You may plan to make investments in the business in terms of growth. You will be able to implement your plans easily, which will boost your confidence. You may be praised by your seniors, and you may also expect to get some important positions in your work.

Libra Sep 24 – Oct 22
Today, you may get ample opportunities in terms of work, which will grow your work. With the help of an influential person, in terms of partnership, you will get benefits in terms of your work. You may be at peace mentally, and happiness may surround you. People looking for jobs will hear good news in terms of suitable jobs. You may also plan to visit some spiritual places.

Scorpio Oct 23 – Nov 22
Today, your moon is negative, so there will be some dullness in your nature; you may be arrogant, and it will affect your professional and domestic life. It is advised to drive safely and to avoid going on an adventure tour. Couples and lovebirds are advised to keep some distance and control their tone of speech while speaking.

Sagittarius Nov 23 – Dec 22
Today, you will be blessed by a positive moon. Things will be under control now. In partnership, many issues will be resolved. You may also start implementing new plans for your business. Students may make quick decisions in terms of their career. Job seekers will hear good news in terms of new job opportunities. Ego issues between couples will be resolved now.

Capricorn Dec 23 – Jan 20
Today, you will have a relatively good day. Money that was stuck will be recovered now, which will increase liquidity in the business. There may be some good news in terms of your job, your performance may be good, and you may expect promotions. There will also be some good news in terms of legal matters.

Aquarius Jan 21 – Feb 19
Today, you may feel positive energy around you. You may plan for higher studies to grow in your career path. You may be busy with the kids. Students are advised to focus themselves on their studies to achieve their desired goals.

Pisces Feb 20 – Mar 20
Today's moon is not favourable for you. Situations may be somehow disappointing; you may be impatient and not be able to focus on your goals. You are also advised to postpone investments in fixed assets for a while.

KIDZONE

Ananya Vastare, 10 Years, Insight Academy

Nishith Rao, 6 Years, Sri Vani Education Society

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
According the car clock 420 minutes have passed (12 noon to 7pm). The clock takes 35 minutes for every 30 minutes in real time. So in reality 360 minutes Time is therefore 6:00

BULL'S EYE
PEPPERY, peppy, prey, pyre

STRIKE OUT

K	N	I	V	E	S		G	H	E	T	T	O		
U	S	E	V	O	A		A	U						
N	O	O	D	L	E		B	L	A	C	K	S		
G	L		L	A	B	S	K	T						
F	A	D		A	L	T	O		O	L	P	E		
U	E	N	D	I	T		A	M	E	E	R			
F	W	I	S	E	M	E	N		A					
S	L	E	E	T		N	O	R	I	A		T		
T	O	M	B		E	D	D	Y		C	H	A		
R		P	R	A	S	E		C		R				
O	I	L	R	I	G		L	A	I	R	D	S		
L		O		G	A	B		N		U		U		
L	A	Y	M	A	N		S	T	E	E	D	S		

FAST FIVE

A	P	O	R	T
S	A	V	E	R
I	O	T	A	S
P	R	A	S	E
S	A	S	E	

QUOTE UNCODE
If grass can grow through cement, love can find you at every time in your life.

QUICK

A	R	T	I	F	I	C	E						D	
		V		A		E		U				R		
		N		O		I		T		T		V		
D	E	A	L		T	A	S	M	A	N	I	A		
A	G	E	N	T	S		O	U	T	L	E	T		
		E		H	A	M		L						
G	R	A	F	T		L	E	E	C	H				
				A	N	U				I				
L	E	T	O	F	F		L	A	T	E	N	T		
P		R		T		H				E				
G	O	D	A	V	A	R	I		R	O	M	P		
C		L		I		M		O			A			
H														

MENSA PUZZLE
grid iron.

RIDDLER
N is like a pig because it makes A STY (ASTY. O is the only one of the five vowels that you can hear because all the others are in AUDIBLE (INAUDIBLE).

SUDOKU

3	2	5	4	8	6	1	9	7
8	9	4	2	7	1	5	6	3
1	6	7	9	3	5	2	8	4
7	4	6	3	9	2	8	5	1
5	1	3	7	6	8	9	4	2
9	8	2	5	1	4	7	3	6
6	3	8	1	2	9	4	7	5
4	7	1	8	5	3	6	2	9
2	5	9	6	4	7	3	1	8

ALPHA TRIANGLE
I, In, Sin, Sine, Veins, Envois, Envious.

LOOP

GO FIGURE
Easy
2 + 9 – 6 + 8 = 13
Medium
4 + 3 + 6 x 3 = 39
Hard
9 x 2 + 3 – 4 = 17

KAKURO

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